

INNOCENCE PROJECT WINS ACQUITTAL FOR SIX RMC TURKEYS

This year, six Regent Market Co-op families sat down to their Thanksgiving dinner with all the trimmings, but without the turkey. Through the work of the Innocence Project, all six birds had been granted a dramatic last-minute stay of execution.

Despite efforts by Arboretum officials to have them remanded to the Henry Vilas Zoo pending appeals, the turkeys were released the evening before Thanksgiving Day and were seen strutting south along Allen Street.

“Innocent, my foot,” said one Arboretum zoologist, who asked that his name be withheld. “I know a turkey gang when I see one. They’re coming right over here to the Arb,” he warned, “and they’ll start recruiting the young toms as soon as they hit the ground. You just wait.”

Randy Winkler, general manager of the Regent Coop, was distressed that the six families were without their holiday main course, yet he supported the reversal of their conviction. “They may have been a little rebellious, but I would never be one to say these birds were tough.”

Recent reports have come in, however, of unprecedented turkey aggression in the Arboretum’s Wingra Woods.



A young turkey caught on camera picking a pocket in the Wingra Woods parking lot

THIS WEEK RANDY RECOMMENDS...

New York Strip Steak, special this week at \$7.99.
(See the Cook's Illustrated recipe below).

Weldon Farm organic spinach, locally grown. Even Pop-eye recommends it. \$3.99 a bag.

Leaflard, a hard-to-find product that real bakers love: old-fashioned, all natural, pure hand-rendered pork lard, for the crispiest pie crust and tastiest frying.

NEW PRODUCT: Connie's all natural pizzas, in several 2-pound varieties. A wholesome fast meal. \$7 each

Cooked shrimp in 2-pound bags, at \$12.49 a pound. A ready-to-serve treat.

RMC's own herring in wine sauce, no sodium nitrates! Another fine treat for the discriminating diner.

PAN-SEARED THICK-CUT STRIP STEAKS

Serves 4. Published May 1, 2007 in Cook's Illustrated

When cooking lean strip steaks (without an external fat cap), add an extra tablespoon of oil to the pan. If desired, serve with a pan sauce, relish, or butter.

INGREDIENTS

- 2** boneless strip steaks (1 1/2 to 1 3/4 inches thick (about 1 pound each) (see note above)
Kosher salt and ground black pepper
- 1** tablespoon vegetable oil

INSTRUCTIONS

1. Adjust oven rack to middle position and heat oven to 275 degrees. Pat steaks dry with paper towel. Cut each steak in half vertically to create four 8-ounce steaks. Season entire surface of steaks liberally with salt and pepper; gently press sides of steaks until uniform 1 1/2 inches thick. Place steaks on wire rack set in rimmed baking sheet; transfer baking sheet to oven. Cook until instant-read thermometer inserted in center of steak registers 90 to 95 degrees for rare to medium-rare, 20 to 25 minutes, or 100 to 105 degrees for medium, 25 to 30 minutes.
2. Heat oil in 12-inch heavy-bottomed skillet over high heat until smoking. Place steaks in skillet and sear steaks until well-browned and crusty, about 1 1/2 to 2 minutes, lifting once halfway through to redistribute fat underneath each steak. (Reduce heat if fond begins to burn.) Using tongs, turn steaks and cook until well browned on second side, 2 to 2 1/2 minutes. Transfer all steaks to wire cooling rack and reduce heat under pan to medium. Use tongs to stand 2 steaks on their sides. Holding steaks together, return to skillet and sear on all sides until browned, about 1 1/2 minutes. Repeat with remaining 2 steaks.
3. Transfer steaks to wire cooling rack and let rest, loosely tented with foil, for 10 minutes while preparing pan sauce. Arrange steaks on individual plates and spoon sauce over steaks; serve immediately.

RED WINE-MUSHROOM PAN SAUCE

Makes about 1 cup. Published May 1, 2007 in Cook's Illustrated.

Prepare all ingredients for the pan sauce while the steaks are in the oven.

INGREDIENTS

- 1 tablespoon vegetable oil
- 8 ounces button mushrooms , trimmed and sliced thin (about 3 cups)
- 1 small shallot or onion, minced (about 1 1/2 tablespoons)
- 1 cup dry red wine
- 1/2 cup low-sodium chicken broth
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons cold unsalted butter , cut into 4 pieces
- 1 teaspoon minced fresh thyme leaves

INSTRUCTIONS

1. Pour off any fat from skillet in which steaks were cooked. Heat oil over medium-high heat until just smoking. Add mushrooms and cook, stirring occasionally, until beginning to brown and liquid has evaporated, about 5 minutes. Add shallot and cook, stirring frequently, until beginning to soften, about 1 minute. Increase heat to high; add red wine and broth, scraping bottom of skillet with wooden spoon to loosen any browned bits. Simmer rapidly until liquid and mushrooms are reduced to 1 cup, about 6 minutes. Add vinegar, mustard, and any juices from resting steaks; cook until thickened, about 1 minute. Off heat, whisk in butter and thyme; season with salt and pepper to taste. Spoon sauce over steaks and serve immediately.

MEMBER OF THE WEEK PHILIPPA CLAUDE MAKES HER

RECOMMENDATIONS:



“Reed’s Ginger Ice Cream. It’s fantastic. You can’t find it everywhere.”

“Green & Black chocolate bars. We love them all, but the cherry best.”

LUSCIOUS LEFT-OVERS!

Thanks to Martha Stewart you can transform leftover turkey into luscious post-Thanksgiving meals. In fact, these are so good and healthy, that you might consider buying another turkey from RMC when the leftovers run out!

Quick Turkey and Rice Soup

- 1 1/2 oz. (3T) unsalted butter
 - 1 medium leek, white and light-green parts only, thinly sliced crosswise
 - 3 oz. celery cut into 1/4 -inch dice
 - 1 medium parsnip, cut into 1/4 -inch dice
 - Coarse salt and freshly ground pepper
 - 4 1/2 cups turkey or chicken stock
 - 1 1/2 cups shredded cooked turkey
 - 1 cup cooked rice.
- 1/4 cup all-purpose flour
 - 1 large egg, lightly beaten
 - 1 1/2 cups breadcrumbs
 - Vegetable oil for frying
 - Cranberry sauce for serving

Melt butter in medium saucepan over medium heat.

Add leek, celery, parsnip, 1 1/2 teaspoons salt and 1/4 teaspoon pepper.

Cook, stirring occasionally until leek is translucent, about 2 minutes.

Add stock and bring to boil.

Reduce heat, and simmer until vegetables are tender, about 5 minutes.

Stir in turkey and rice and heat through. Season with salt and pepper.

Turkey Croquettes

- 1 1/2 oz. (3T) unsalted butter
- 1 medium onion, minced
- Coarse salt and freshly ground pepper.
- 1 teaspoon sage
- 1 teaspoon thyme
- 2 cups finely chopped cooked turkey
- 1/4 cup heavy cream
- 1 cup mashed potatoes

Melt butter in a large skillet over medium high heat. Add onion, 1 1/4 teaspoons salt, and 1/4 teaspoon pepper. Cook for 3 minutes.

Stir in sage and thyme and cook for 1 minute.

Stir in turkey and cream and cook until liquid evaporates, about 1 minute.

Transfer to a large bowl and cool for 15 minutes.

Add potatoes, flour, and egg to turkey and season with salt and pepper.

Drop 2 tablespoons turkey mixture into breadcrumbs, turn to coat, and pat into two-inch disks. Arrange in a single layer on a baking sheet and refrigerate for 10 minutes.

Heat 1/4 inch oil in a skillet over medium heat. Cook croquettes in a single layer until golden brown, about 2 minutes per side.

Transfer to paper towels to drain. Serve with cranberry sauce.

Recipes adapted from *Martha Stewart Living*, November, 2009

GIFTS FOR THE HOLIDAY: BUY LOCAL!

Shop RMC for gifts of food grown and produced locally. Why not trade buying from distant vendors for products grown in Wisconsin? RMC has tempting, high quality gifts for holiday giving. *Come in and see featured selections.*

WHAT GRINCH STOLE THE WEBBER?

Over Thanksgiving, our big Webber grill was stolen from the alley behind the store where it is kept. What are we going to do without it? It is the centerpiece of all our street fairs! Five pounds of brats are offered as a reward for information leading to the recovery of the grill or the arrest of the grinch!



Ellen Winkler at the grill at Spring Fling, 5/1/09